

APRIL'S NEWS

APRIL 23, 2012

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Greetings swimmers!

I am hoping that everyone had a great spring break and if you did not go away to the sun, camping or just other fun stuff, I trust that you were here for our great and dynamic spring training camp. Coach Dave did a fantastic job in delivering an awesome training session mixed in with cross training of rock climbing, biking, soccer, donut eating and the favorite: the bake off! So now that we are all back into the groove of training for long course, I'm hoping all the work is going to show us some great swims at the Wavemaker in Victoria. This is a great meet for anyone who has never been to a long course meet and for those that have, you know that the Wavemaker is one of the best meets of the

year. Remember to bring your team shirt, suit and team racing cap. You are a Killer Whale and it's important that you bring your team spirit and your team cheering voice. CRKW is a competitive swim club which means we go to meets to swim our best and to swim our fastest. Positive, winning thoughts will breed positive, winning results so: Go CRKW!

Great turn out for the bottle drive. Once again our team brought it all together and sorted approximately 19,000 bottles which totaled \$1940 for the club!! Way to go Whales! Paying for our pool time is very costly, so bottle drives, swim-a-thon and all of our fundraisers help keep our monthly fees down. Thank you to everyone who par-

ticipated. You can continue to take your bottles to the Return-It Depot and make sure you tell them it is for CRKW and it will go directly to our account.

Lastly, I would like to remind everyone that our biggest fundraiser: swim-a-thon is coming up on May 4th and we hope that you are all asking your dentist, doctor, orthodontist, aunt, uncle, grandparents and neighbours to sponsor you in the 5 KM quest of the swim-a-thon! This is a great team building event and there will be hotdogs to celebrate when it's all over. Mark your calendars for MAY 4th and parents, we hope you will be there to count laps for your swimmers and cheer them on!!

Have a great spring and please contact me if you have any questions.

UPCOMING EVENTS:

- **Wavemaker swim meet—April 27-29**
- **Island Cup swim meet—May 11-13**
- **VIR championships June 8-10**

HEAD COACH'S REPORT-DAVE HEALY

Well, what a month. We had a very tumultuous month with all the recent changes and finally things seem to have settled. The swimmers are back from holidays and everyone is getting into the swim of things. Returning to swim

training and looking forward to competition, this weekend at the Wavemaker meet in Victoria, is what we are all experiencing. I am excited to see some outstanding racing this weekend and believe we will have many swimmers in the Finals competition. It will

be great to watch them Race!

For those that do not know, something special is happening at this weekends swim meet. Finals will be broadcast live on the PCS

DAVE'S STUFF

Swim Club Web site. So if you cannot be at the meet in person, you still have an opportunity to witness CRKW in the pool. It should be fun.

There are a few special events coming up in May. The most important being the CRKW Swim a Thon on Fri., May 4. This is our largest, most important fundraiser of the year.

Please make every effort to gather pledges and support the team. Last year we did an outstanding job of it raising \$8000 Let's see if we can match that total or even surpass it. On Sun. May 6, we will be travelling to Nanaimo for some Long Course training. This will be in place of our Sat. am workout. Blackfish and Orca swimmers are strongly encouraged to attend. Plans are in the works for a "team building" activity that may include bowling, climbing wall and even a team bike/hike. Stay tuned for details.

Speaking of Team Building. The swimmers have been busy

"practicing" our team cheers. We have a very strong contingent of swimmers attending the swim meet this weekend. It should be an awesome stage for our team to yell, scream, and show our team pride. It is very important that we are all wearing Team Colors throughout the competition both in and out of the pool. Always choose white and black for racing suits when possible. Our team is on the rise and beginning to display great potential for finals qualification, podium finishes, and race victories. When we achieve great results it is important that we all display and celebrate our accomplishments. If you are not wearing Team Colors, how do we know who you are?

Lastly, please make every effort to prioritize swim training and swim meets for our final part of the season. Many swimmers are close to achieving higher standards qualifying themselves to greater accom-

plishments. We need to stay focused and train hard to become the team we can be.

Please make sure each swimmer is on deck 20 minutes prior to warm-ups this weekend. As a team, we will welcome each other Together, warm-up Together, and cheer Together.

Lastly, I want to thank the board swimmers, Board and Parental group for displaying confidence and support throughout our transition. I assure you all that I am extremely passionate for coaching and will do my very best to deliver results and provide a winning experience for all our swimmers in all capacities. CRKW is on the rise and we will continue to move forward. Again thanks a lot and see you at the pool.

Happy Swimming—Dave

SWIMMER OF THE MONTH—MICHELL BUTTEFIELD

Wow, Michelle was absolutely thrilled to learn she was swimmer of the month.

Name: Michelle Butterfield

Age: 8

Group: Superfish

Stroke: Front Crawl

Goal: Get better at butterfly.

Highlights: Working with my coach and having her tell me I'm getting better.

Love about Club: Swimming

Tips: Try again.

Set: 25m front crawl.

Coach: She's nice.

Describe being swimmer:

Awesome

Book: Tiger

Rated: 10

Motto: Focus

Grow up: Champion Swimmer



Fundraising news

I must start off with a HUGE THANK YOU to Kirsten Jordan, Dea Kowalko and Bruce Reid for all their organization of the recent dance, silent auction & BBQ. The party was a HIT in many ways. Everyone had a great time and we raised some serious cash... \$3823 between auction items and ticket sales. We'll definitely have to do this again next year.

Our recent **BOTTLE DRIVE** was also a success. Thank you to all who helped out!!

Next up is our **SWIMATHON** happening Friday, May 4 from 3:00 – 6:00. I hope you are collecting lots of pledges. All the money you raise goes towards your fundraising account. We're collecting lots of prizes so the more you raise, the more ticket chances you get. Remember each swimmer needs an adult counter to keep track of their laps. We'll have a counting sheet for you but BRING a PEN!! Free pizza will be served for those SWIMMING after the event.

TAG DAY is a go for Friday, May 11th and Saturday, May 12th. Earn \$20 per hour for standing in front of a local business asking for donations for the club. Sign up sheets will be posted soon in the viewing room. Make sure you wear your CRKW team gear and say, "THANK YOU!"

CANDIED SALMON will soon be back. Kim Paddington is overseeing this fundraiser (our last of the year. Order forms will be sent out on this week.

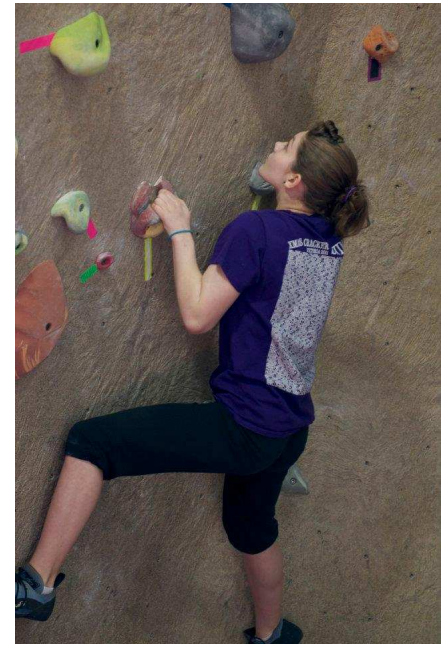
IMPORTANT YEAR END REMINDERS....

Check out the FUNDRAISING TRACKING SHEET posted in the viewing room. It's basically up to date and includes all the sign sponsorships and Auction Items. It's your responsible to check for errors (I'm only human) and let me know if you spot an issue.

I have been asked, "**WHEN ARE YOU CASHING THE FUNDRAISING CHEQUES???**" I'm not sure where the May 1, 2012 date came from but don't worry I'm not running to the bank anytime soon. I will wait until all our fundraisers are complete and will contact people before I cash anything, mid June is my estimate at this point. I will give you a chance to write a new cheque if you have done only part of your required amount.

Lastly, PLEASE keep fundraising even if you've completed your required amount. Any "EXTRA" you earn is split with the club and can be used for swim meet fees and team apparel. We're behind in our fundraising budget for a couple of reasons... our Eliminator Swim Meet had fewer swimmers than expected and our usual \$2500 corporate sponsorship from Grieg Seafood was reduced to \$500 this year. So, any "extra" you can do to make up the difference would be greatly appreciated.

If you have any questions, don't hesitate to email. - Kim Windle



ATHLETE
CENTERED, COACH
DRIVEN, PARENT
SUPPORTED

What to bring to a swim meet...

Do you ever wonder what to bring to swim meet for yourself as well as your child?? Hopefully the following list will help you out a bit!

For the swimmer:

- Swim suit (some kids like to warm up in one suit and change into a racing suit)
- Swim cap and goggles (2 sets - because we all know that before that magical racing moment: the sacred goggle strap will break!)
- 2 towels (one for after the race and one for the shower)
- Team t-shirt with swimmer's initials on the tag
- Jogging pants or shorts to slip on after a race (it's important to stay warm)
- Change of clothes to go home in
- WATER - LOTS OF IT in a labeled water bottle
- Snacks (rice crisps, cooked tortellini, crackers, juice box, cheese, veggies, fruit, small pieces of a protein bar are all good things to pack because the swimmers get VERY hungry but should only eat small amounts at a time)
- Book, cards, crossword puzzles, colorings
- A winning and great attitude!!
- Cheering voice for all their team mates

For the parent:

- Water : lots of it!
- Snacks
- Book, cards, sanity J
- Lounge Chair to sit in(something comfortable it'll be a LONG day!)
- Wear something cool because it is usually quite warm in the pool (shorts or capris, t-shirts, flip flops etc)
- Cheering voice for the kids
- Positive attitude